

# PLANT-BASED IRON SOURCES

FOOD CATEGORY / ITEM	SERVING SIZE	IRON (MG)
<b>Legumes &amp; Pulses</b>		
Lentils (Cooked)	1 Cup	6.6
Chickpeas (Cooked)	1 Cup	4.7
Kidney Beans (Cooked)	1 Cup	3.9
<b>Nuts &amp; Seeds</b>		
Pumpkin Seeds (Pepitas)	1/4 Cup	4.2
Hemp Seeds	3 Tbsp	3.9
Chia Seeds	2 Tbsp	2.0
<b>Vegetables &amp; Grains</b>		
Spinach (Cooked)	1 Cup	6.4
Quinoa (Cooked)	1 Cup	2.8

<b>FOOD CATEGORY / ITEM</b>	<b>SERVING SIZE</b>	<b>IRON (MG)</b>
Swiss Chard (Cooked)	1 Cup	<b>4.0</b>
<b>Soy Products</b>		
Tofu (Firm)	1/2 Cup	<b>3.4</b>
Tempeh	1/2 Cup	<b>2.2</b>

**Pro-Tip:** Non-heme iron (plant-based) is absorbed better when consumed with Vitamin C. Pair these foods with lemon, bell peppers, or strawberries to maximize absorption. Avoid drinking coffee or tea with meals as tannins can inhibit iron uptake.